

MEASUREMENTS / TEMPERATURES



1/2 ounce (oz) = 1 tablespoon (Tbsp)

3 teaspoons (Tsp) = 1 Tbsp

8 oz = 1 cup (c)

16 oz = 2 c = 1 pint (pt.)

32 oz = 2 pt. = 1 quart (qt.)

64 oz = 2 qt. = 1/2 gallon (gal)

128 oz = 4 qt. = 1 gal

1 pound (#) = 16 OZ



Liquid measure is different than dry measure so use correct measuring device to insure success in your recipe.



Beef : 145° for medium rare. All the bad bugs in beef are killed at this temp. The one exception here is ground beef. That should always be cooked to 160° because of the huge surface area that promotes bacterial formation

Chicken : 165° for white meat, 185° for dark meat. Salmonella is killed at 165°.

Pork : 150° for medium rare. Don't worry about trichinosis, it is killed at 137°

Fish : 140° opaque and flaky

